



*Simple,  
Seasonal,  
Sustainable*

## Recipe of the Week

# ***Kale with Caramelized Onions***

### **Ingredients:**

1 pound fresh kale, roughly chopped  
1 medium-sized onion, sliced thin  
2 tablespoons olive oil  
1 tablespoon lemon juice (optional)  
Salt and pepper to taste

*Serves 4*

*Nutrition: 130 calories, 7 g fat,  
14 g carbohydrate, 3 g fiber,  
5 g protein, 50 mg sodium*

*Source: Harvard School of Public Health*

### **Directions:**

1. Heat 1 tablespoon of oil in a sauté pan over medium-low heat and add the onions.
2. Cook very slowly on medium-low heat, stirring occasionally, until the onions are browned; do not burn. When finished, remove from heat and set aside.
3. In a separate sauté pan, heat the remaining 1 tablespoon of oil over medium heat. Add the chopped kale and sauté until tender, about 8 minutes.
4. Add the onions and, if desired, the lemon juice. Toss together. Remove from heat and serve.



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### **How'd it turn out?**

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